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MAKE A DIFFERENCE ON OCTOBER 27th



MAKE A DIFFERENCE DAY

NATIONAL DAY OF DOING GOOD

Make A Difference Day, the largest national day of helping others, is sponsored annually by USA WEEKEND Magazine and its 800 carrier newspapers. Make A Difference Day takes place on the 4th Saturday in October each year.

POINTS OF LIGHT



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DES MOINES AREA RELIGIOUS COUNCIL RED BARREL NEWS

A Monthly Publication of the DMARC Food Pantry OCTOBER, 2012

STUDIO BRINGS BALANCE TO MIND, BODY; COMMUNITY

If there's one thing Rachel Jensen knows about, it's serving the community. Although her yoga studio, Tula Yoga, has only been open since June of this year she's made it part of her goal to help others by offering Saturday morning classes to those who couldn't otherwise afford to attend. That's why it seemed only natural that she used that same class as an opportunity to reach further into the community by helping those in need of food assistance.

"I just kind of looked online for food pantries in the area and I liked that DMARC seemed to have so many local branches," says Rachel. "And it seemed to serve a lot of the local communities I'm familiar with."

The Community Yoga classes, which Jensen offers from 10-11am every Saturday morning, are an opportunity for people of all ages, levels, and income to experience the benefits of yoga. Prospective students are normally asked to make a free-will donation of what they think they can afford in order to attend the class. But now, beginning on the last Saturday of each month, donations to the Food Pantry will be accepted in lieu of payment.

The Tula Yoga studio is located at 5731 Urbandale Avenue, Suite 10 above Midwest Lock and Security. Jensen has practiced yoga for 15 years and received her teaching certification in 2011 through James Miller Yoga in Iowa City. She is a registered teacher with the Yoga Alliance and a certified ballet instructor. She's also a certified yoga wellness coach, offering private lessons.



SACK SATURDAY SPOTLIGHT

Kerry Skram, an actress and playwright with the Repertory Theater of Iowa, poses next to a collection cart at the Hy-Vee Food Store on the corner of Railroad and Grand Avenues in West Des Moines. RTI was one of half a dozen group participating in Sack Saturday events as part of National Make A Difference Day on October 27th. The group collected about 200 food items and just over \$100.00 in cash donations.



Want to sponsor a Sack Saturday event at a Red Barrel location near you?? It's easy! All you need is four volunteers and four hours of your time.

You provide the bodies—we provide the handouts, signage, and collection materials. It's that simple!

Contact Red Barrel Coordinator John Robinson at jrobinson@dmreligious.org or by calling 515-277-6969 x16 for more detailed information.

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RED BARREL COLLECTIONS FOR SEPTEMBER, 2012 = 6,565

Rank	Store	Address	Collected	Store Director	Volunteer Collector
1	Dahl's	3425 Ingersoll Ave.	946	Jeff Hudson	Downtown Kiwanis
2	Hy-Vee	410 N. Ankeny Blvd.	845	Wes Snook	Link Associates
3	Dahl's	4343 Merle Hay Road	715	Kenny Kane	Ron Stoen
4	Dahl's	5003 E.P. True Pkwy WDM	444	Mark Pearson	West Side Kiwanis
5	Hy-Vee	7101 University Ave.	369	Matt Heldenbrand	Chris Burch
6	Dahl's	5440 N.W. 86th, Johnston	295	Joe McDonald	John Young/Ron Stoen
7	Dahl's	1819 Beaver Ave.	285	Dave Wilson	Golden K Kiwanis
8	Hy-Vee	1700 35th Street, WDM	282	Tony Taylor	West Side Kiwanis
9	Hy-Vee	4707 Fleur Drive	281	Jamie Stephens	Randy and Nicole Mitchell
10	Hy-Vee	550 S. 51st Street, WDM	237	Mark Luke	Bob and Jan Schulte
11	Hy-Vee	1107 Army Post Road	227	Rod Burns	Randy and Nicole Mitchell
12	Dahl's	4121 Fleur Drive	179	Mike Hixon	Randy and Nicole Mitchell
13	Dahl's	1208 Prospect, WDM	170	Kevin Helm	Jack Kiburz
14	Hy-Vee	1990 Grand, WDM	164	Andy Streit	Chris Burch
15	Hy-Vee	5759 Merle Hay Rd, Johnston	143	Jim Carney	John Young/Ron Stoen
16	Dahl's	8700 Hickman Rd.	140	Pat Childress	Liz Coffman
17	Hy-Vee	8601 Douglas Ave.	107	Josh Asche	Larry Hamlin
18	Dahl's	1320 E. Euclid Ave.	99	Jim Martin	Link Associates
19	Hy-Vee	3221 S.E. 14th Street	88	Ryan Roberts	Link Associates
20	Fareway	8450 Meredith Drive	52	John Cramer	Larry Hamlin
21	Fareway	10151 University, Clive	47	Kevin McCormick	West Side Kiwanis
22	Fareway	100 E. Euclid Ave.	45	Nick Greiner	Link Associates
23	Fareway	109 S.E. Oralabor, Ankeny	41	Doug Haugland	Link Associates
24	Hy-Vee	1725 Jordon Creek, WDM	36	Gregg Hull	Jack Kiburz
25	Walgreens	4555 Fleur Drive	34	John Tracey	Steve Cadman

FIVE YEAR HISTORY OF RED BARREL COLLECTIONS

Month	2008	2009	2010	2011	2012	Cash
January	9,123	11,091	8,892	7,848	9,826	\$150.00
February	7,760	10,719	9,015	9,102	8,599	\$698.86
March	10,048	11,666	10,637	9,398	10,876	\$735.23
April	9,552	12,649	8,866	10,837	10,540	\$2342.27
May	7,869	9,542	7,015	9,580	7,707	\$710.14
June	9,214	10,026	11,009	7,334	8,817	\$1059.72
July	7,070	8,073	9,172	7,970	9,514	\$2,158.25
August	8,310	8,471	8,779	8,848	7,620	
September	8,355	8,625	7,740	8,419	6,565	
October	14,506	13,106	12,589	13,112		
November	17,338	14,000	11,586	14,267		
December	15,275	11,961	12,933	18,362		
TOTAL	124,420	129,929	117,802	124,638		

Rank	Store	Address	Collected	Store Director	Volunteer Collector
26	Hy-Vee	3330 MLK Blvd.	26	Brian Hixon	Paul Benson
27	Fareway	3000 S.E. 22nd Street	18	Wil Golberg	Link Associates
28	Dahl's	1802 N. Ankeny Blvd.	0	Paul Johnson	Amy Tournier
29	Dahl's	3400 E. 33rd Street	0	Lyle Ellenwood	Link Associates
30	Fareway	3205 N. Ankeny Blvd.	0	Dave Eisentrager	Amy Tournier
31	Walgreens	4415 Douglas Ave.	0	Brandon Conner	Jack Kiburz
32	Walgreens	101 8th St., S.E., Altoona	0	Meredith Justus	Kyle Bochart
33	Walgreens	1660 22nd Street, WDM	0	Jeffrey Daugherty	Link Associates
34	Walgreens	7000 Douglas Ave, Urbandale	0	David Watts	Link Associates
35	Walgreens	4900 George Mills Civic, WDM	0	Cecil O'Neal	Link Associates
36	Walgreens	15601 Hickman Rd, Clive	0	Brian Perkins	Michelle Marin
37	Walgreens	606 Walnut Street	0	Mark English	Link Associates
38	Walgreens	2930 E. University Ave.	0	Shevie Conner	Kyle Bochart
39	Walgreens	12753 University Ave, Clive	0	Jill Stoll	Link Associates
40	Walgreens	3140 S.E. 14th Street	0	Christopher Young	Link Associates
41	Walgreens	6200 S.E. 14th Street	0	Leslie Dovel	Randy and Nicole Mitchell
42	Walgreens	1330 E. University Ave.	0	John Lipshaw	Link Associates
43	Walgreens	2545 E. Euclid Ave.	0	Tom Humphrey	Link Associates
44	Walgreens	901 N. Ankeny Blvd.	0	Craig Fruendt	Meg Smart
45	Walgreens	2702 S.E. Delaware, Ankeny	0	Jennifer Slauch	Meg Smart
46	Walgreens	3501 Ingersoll Ave.	0	Jennifer Andres	Chris Burch
47	Walgreens	6200 Merle Hay Rd, Johnston	0	Dawn Dierks	John Young/Ron Stoen
48	Walgreens	4600 86th St., Urbandale	0	Steve Kadlec	Larry Hamlin
49	Walgreens	1999 Grand Ave, WDM	0	Shawn Forrester	Link Associates
50	Walgreens	3030 University Ave.	0	Jeremy Cook	Chris Burch
51	Walgreens	104 E. Euclid Ave.	0	Scott Glab	Link Associates

HUNGER SACKS SOLD IN SEPTEMBER = 494

Top Three Stores (\$12 Sacks—12 items):

- 39 – Dahl's, 35th & Ingersoll
- 33 – Hy-Vee, Ankeny Blvd.
- 19 – Dahl's, Merle Hay Road

Top Ten Stores (\$6 Sacks—6 items):

- 55 – Hy-Vee, Ankeny Blvd.
- 46 – Dahl's Beaverdale
- 37 – Dahl's, 50th & E.P. True Pkwy
- 35 – Dahl's, Merle Hay Road
- 33 – Hy-Vee, 4707 Fleur Drive
- 32 – Dahl's, NW 86th in Johnston
- 32 – Hy-Vee, 51st & Mills Civic
- 28 – Dahl's, 35th & Ingersoll
- 16 – Hy-Vee, Railroad & Grand, WDM
- 12 – Dahl's, 4121 Fleur Drive

DAMAGED ITEMS FOR SEPTEMBER = 250

- 144 Hy-Vee, Jordan Creek
Gregg Hull, Store Director
Jack Kiburz
- 106 Fareway, East Euclid
Nick Greiner, Store Director
Link Associates
- 0 Hy-Vee, East Euclid
Mike Kueney, Store Director
Link Associates